



BUTTE

Resource Guide for
Individuals Recovering from
Heart Disease or Stroke



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If you've been diagnosed with coronary artery disease or experienced a heart attack or stroke, you are at an increased risk of having future events. Procedures to treat cardiovascular disease do not cure it, so it's very important to work on the things that contributed to the development of the disease - often referred to as risk factors. Risk factors include smoking, diabetes, high cholesterol levels, high blood pressure, obesity, and physical inactivity. In addition to these risk factors, the presence of atrial fibrillation and TIA's (mini strokes) are major risk factors for stroke. Lifestyle changes, combined with medical care, can help you to improve these factors and reduce your risk of heart attack or stroke. This resource guide provides information on programs and services in the Butte area to help you make these lifestyle changes.

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This document is also posted on the Montana Cardiovascular Health Program web site at: <http://montanacardiovascular.mt.gov>

CARDIAC REHABILITATION

Cardiac rehabilitation (rehab) is a supervised program that includes therapeutic exercise, education and emotional support for people who have had a heart attack, bypass surgery or other type of heart problem. Cardiac rehab is medically supervised and individually designed to enhance your quality of life. The goal is to educate you about your disease and help you return to, and maintain, your best possible physical and emotional health. Cardiac rehab usually begins 1-4 weeks after hospital discharge. Physician referral is required, and the fees are covered by most health plans.

ST. JAMES CARDIAC REHABILITATION **ST. JAMES HEALTHCARE**

400 S. Clark
Butte, MT 59701
(406) 723-2560

STROKE REHABILITATION

Stroke rehabilitation is an individualized, medically supervised program that assists with recovery from a stroke. A team approach is used which includes Physical Therapy, Occupational Therapy and Speech Therapy. The goal is to return to independent walking and activities of daily living, as well as recovery from any changes that can occur related to swallowing, speech or cognition. Rehabilitation sessions are individualized to each person's needs to help recover their physical and emotional health. Physician referral is required, and fees are covered by most health plans.

ST. JAMES HEALTHCARE

400 S. Clark
Butte, MT 59701
(406) 723-2540

ST. JAMES HEALTHCARE

309 East Legion St.
Whitehall, MT 59759
(406) 287-3717

COMMUNICATION MATTERS, LLC

Jennifer Pierce
Speech and Language Pathologist
202 W. Park Street
Butte, MT. 59701
(406) 723-4830

BUTTE CONVALESCENT CENTER

Physical/Occupational Therapy
Speech Therapy
2400 Continental Drive
Butte, MT. 59701
(406) 723-6556

STROKE REHABILITATION

BUTTE PHYSICAL THERAPY CENTER

200 South Clark St.
Butte, MT 59701
(406) 723-4268

SILVER BOW THERAPY

3718 E. Lake Drive
Butte, MT 59701
(406) 494-7050

CENTER FOR PHYSICAL THERAPY AND WELLNESS

1309 Harrison Avenue
Butte, MT 59701
(406) 782-5887

DIABETES MANAGEMENT PROGRAMS

Diabetes management programs teach individuals how to manage their diabetes to minimize health complications. Diet, exercise, medication management and glucose monitoring are some of the topics covered. Staff members include nurses and registered dietitians with special training and experience in diabetes management. Individual and group classes are available. Physician referral is recommended, and fees may be covered by some health plans.

COMMUNITY HEALTH CENTER

Ida Reighard, RN
445 Centennial Avenue
Butte, MT 59701
(406) 723-4075

NORTH AMERICAN INDIAN ALLIANCE

55 East Galena
Butte, MT 59701
(406) 782-0461

ST. JAMES HEALTHCARE

400 S. Clark
Butte, MT 59701
(406) 723-2950

MERCURY STREET MEDICAL

300 W. Mercury Street
Butte, MT 59701
(406) 723-1300

NUTRITION EDUCATION/COUNSELING

Your doctor may recommend nutrition counseling for cholesterol reduction, weight control or diabetes management. Registered Dietitians are nutrition professionals who can help you reach your health goals safely and sensibly. The counseling is usually individual but may include group classes with topics related to portion control, label reading and goal setting. Physician referral is recommended, and fees may be covered by some health plans.

DIETICIAN SERVICES AT ST. JAMES

Beth Whalen, RD, LD
Deborah Swiatkowski, RD, LD
Alane Smith, RD, LD
400 S. Clark Street
Butte, MT 59701
(406) 723-2950

MERCURY STREET MEDICAL

Jackie R Reilly, MS, RD
300 W. Mercury Street
Butte, MT 59701
(406) 723-1300

SUPPORT GROUPS

DIABETIC SUPPORT GROUP

Community Health Center
Ida Reighard, RN
445 Centennial Avenue
(406) 723-4075
Please call to find out about the monthly diabetic education talks given at Perkins Restaurant.

NORTH AMERICAN INDIAN ALLIANCE

Diabetic Clinic
Every Wednesday
8:00 a.m.-5:00 p.m.
(406) 782-0461

PHYSICAL ACTIVITY

These programs and facilities can help you to improve your health by increasing your physical activity level. Be sure to check with your physician before starting a physical activity program.

BUTTE FAMILY YMCA

4040 Paxson
Butte, MT 59701
(406) 494-3605

BUTTE COMMUNITY YMCA

2975 Washoe
Butte, MT 59701
(406) 782-1266

CURVES FOR WOMEN

1001 E. Front Street
Butte, MT 59701
(406) 782-2788

S AND T FITNESS

3255 Hecla Street
Butte, MT 59701
(406) 782-1134

WATERFORD HEALTH & FITNESS CLUB

3718 East Lake Drive
Butte, MT 59701
(406) 494-9400

MONTANA TECH HPER COMPLEX

West Park Street
Butte, MT 59701
(406) 496-4221



PRESCRIPTION DRUG PATIENT ASSISTANCE PROGRAMS

There is help available for people who have no insurance and can't afford to purchase their medicines. Below is a list of resources that will help with the high cost of prescription medications. Many pharmaceutical companies have patient assistance programs that provide selected prescription medicines free of charge to physicians with patients who cannot afford necessary medicines. The sources below can help you determine whether your medicines fall under this type of program.

NEEDYMEDS.COM

www.needymeds.com

Phone: (215) 625-9609

Services Provided: This website contains up-to-date information on patient assistance programs obtained directly from the drug manufacturers. The web site has a listing of pharmaceutical company programs, medications and applications for many programs. NeedyMeds is an information source, not a program itself.

MEDICARE PART D

www.dphhs.mt.gov

1-800-MEDICARE

Services Provided: To learn more about the Medicare-sponsored drug insurance program, call 1-800-MEDICARE or the State Health Insurance Assistance Plan at 1-800-551-3191.

PARTNERSHIP FOR PRESCRIPTION ASSISTANCE

www.pparxmt.org/

Phone: 1-888-477-2669

Services Provided: Drug companies, doctors, health care providers, patient advocacy organizations and community groups have combined resources to help qualified uninsured people get free prescription medications.

Big Sky Rx

Phone: 1-866-369-1233

Services Provided: Big Sky Rx will help pay premiums for some Medicare beneficiaries who are enrolled in the prescription drug plan created by Medicare – Medicare Part D. For more information, call the number above or write to: Big Sky Rx, P.O. Box 202915, Helena, MT 59620.

COMMUNITY HEALTH CENTER

Tammy Cox

445 Centennial Ave

Butte, MT 59701

(406) 723-4075

Services Provided: Call to find out more about prescription drug coverage and assistance programs.

SMOKING CESSATION PROGRAMS

If you smoke or use tobacco products, QUIT! Smoking increases the risk of heart attack and stroke. The use of tobacco products may also lead to the development of lung, laryngeal and other cancers. The more you smoke, the higher your risk of developing chronic disease. When you stop, your risk starts to drop. Quitting smoking isn't easy. These programs can help you meet that goal.

TOBACCO QUIT LINE

Montana Tobacco Use Prevention Program

Phone: 1-866-485-QUIT (7848)

Services Provided: The Tobacco Quit Line is a free telephone service for all Montana residents. Smokers, chewers, family members and health care providers are all welcome to call for tobacco cessation information. If desired, an individual may enroll in a six-week counseling program. The six-week program includes free nicotine replacement therapy. Health care providers may fax patient referrals directly to the Tobacco Quit Line for call back at a later date.

SPECIALISTS

CARDIOLOGY

SHARON HECKER, MD

Rocky Mountain Clinic
435 S. Crystal Street
Butte, MT 59701
(406) 782-9132

VINCENT SIRAGUSA, MD

400 South Clark St.
Butte, MT 59701
(406) 782-4531

NEUROLOGY

CARLOS SULLIVAN, MD

1720 Four Mile Road
Butte, MT 59701
(406) 782-5025

SPECIALTY CLINICS & PROGRAMS

ROCKY MOUNTAIN CLINIC

Regional Medical Arts Pavilion
435 S. Crystal Street
Butte, MT 59701
(406) 496-3600

Services Provided: This clinic offers a wide variety of health care including internal medicine, orthopedics, cardiology, laboratory services, imaging services, family practice, and children's clinic. They also offer an express care service which provides prompt, low cost, convenient and consistent care for all but life-threatening emergencies.

MERCURY STREET MEDICAL

300 West Mercury
Butte, MT 59701
(406) 723-1300 or 1-800-585-3698
www.mercmed.com

Services Provided: This clinic offers primary and specialized care for the entire family. They also offer laboratory and imaging services.

GOLD STREET CLINIC

775 West Gold Street
Butte, MT 59701
(406) 782-9090

Services Provided: This clinic offers family practice and urgent care needs.

BUTTE COMMUNITY HEALTH CENTER

445 Centennial
Butte, MT 59701
(406) 723-4075

Services Provided: This health center offers primary medical care and primary dental care. Discounts may be available based on income and family size. They also offer a diabetic support service program and prescription assistance programs for their patients.

SPECIALTY CLINICS & PROGRAMS

BIG SKY NEUROSCIENCE AND SPINE

700 West Gold Street
Butte, MT 59701
(406) 782-6391
www.bigskyneuroscience.com

Services Provided: The physicians of Big Sky Neuroscience have partnered with St. James Healthcare's Neurosciences Program to establish a center for research and neurosurgery. This center is dedicated to exploring, navigating and conquering the mysteries of the nervous system for the benefit of patients who suffer from neurological conditions. Please visit their website or call for further information on a list of neurological conditions they treat.

NORTHWESTERN INDIAN ALLIANCE

55 East Galena
Butte, MT 59701
(406) 782-0461

Services Provided: This clinic offers health care assistance for those who are Native American and have proof of Indian descent. This clinic offers a wide variety of health care including general health/annual exams, diabetes program, youth program, tobacco prevention, chemical dependency, behavioral/mental health, help with assistance in finding employment, evaluations and education.

YMCA MEDICAL EXERCISE PROGRAM

YMCA Family Fitness Center
4040 Paxson
Butte, MT 59701
(406) 494-3605 or (406) 723-2560

Services Provided: This program is offered through a cooperative agreement between the YMCA and the St. James Healthcare Cardiac Rehabilitation Department. It is designed to help those who will benefit from a supervised exercise program. Clients' progress will be reported to their physicians upon request and is supervised by qualified personnel.

SPECIALTY CLINICS & PROGRAMS

SPICE OF LIFE PROGRAM

425 West Porphyry
Butte, MT 59701
(406) 782-5670

Services Provided: This program offers services that improve the health and well-being of the members. Members must be 62 years of age and older. They offer educational presentations, health club discounts and foot clinic services. All membership proceeds are utilized to fund special events, educational opportunities and healthcare clinics.

BELMONT SENIOR CITIZEN CENTER

615 East Mercury
Butte, MT 59701
(406) 723-7773

Services Provided: The mission of the Belmont Senior Citizen Center is to respond to the needs of senior citizens in our community through various in-home services and on-site activities. Home chore help, meal delivery, lunch on site, commodities, transportation, respite care, legal clinic, payee services, guardianship, information and assistance, nursing clinic, blood pressure and hearing screening, foot clinic, multiple game and activity groups.

SPECTRUM MEDICAL

3475 Monroe Street, Suite #102
Butte, MT 59701
(406) 723-7987

Services Provided: This program offers a home and community case management team.

WESTERN MONTANA MENTAL HEALTH CENTER

106 West Broadway
Butte, MT 59701
(406) 723-5489

Services Provided: Provides counseling services on an outpatient basis.

PARATRANSIT SERVICE

(406) 497-6200

Services Provided: The city bus contracts with the AWARE Service to provide city transportation for persons with disabilities. Applications are available through the Dept. of Public Works at the courthouse.

CONSUMER HEALTH INFORMATION & WEBSITES

ST. JAMES HEALTHCARE LIBRARY

Laurel Egan
400 S. Clark
Butte, MT 59701
(406) 723-2523

ORGANIZATION	WEB SITE
American Council on Exercise	www.acefitness.org/fitfacts/
American Dietetic Association	www.eatright.org
American Heart Association	www.americanheart.org
American Stroke Association	www.strokeassociation.org
Montana Association of Cardiovascular & Pulmonary Rehabilitation	www.angelfire.com/mt2/macvpr/
Montana Cardiovascular Health Program	http://montanacardiovascular.mt.gov
Montana Dietetic Association	www.montanadieticassociation.org
St. James Healthcare	http://www.stjameshealthcare.org/default.htm
Social Security Administration	www.socialsecurity.gov
USDA Food Guide Pyramid	www.mypyramid.org

SIGNS OF HEART ATTACK AND STROKE

It is extremely important to be aware of the warning signs of a heart attack or stroke. Treatments are available to reverse the detrimental effects but can only be initiated within a short period of time after symptom onset. Familiarize yourself with the following warning signs recognized by the American Heart Association:

HEART ATTACK:

Symptoms can come on quickly with intense pain or discomfort. However, symptoms commonly start out less intense, leading some to believe it is not an emergency. Common symptoms include:

- Chest discomfort
- Pain or discomfort in the shoulders, arms, neck or jaw
- Shortness of breath
- Nausea
- Lightheadedness
- Sweating

STROKE:

Symptoms of stroke are usually characterized by a rapid onset. Many times, individuals having a stroke are confused and may not understand what is happening. Common symptoms include:

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause

If you or someone you witness experience one or more of these symptoms, **CALL 911** immediately.

QUESTIONS?

If you have questions about this resource guide, contact:

MIKE MCNAMARA, M.S.
MONTANA CARDIOVASCULAR HEALTH PROGRAM

Montana Department of Public Health & Human Services

P.O. Box 202951 • Helena, MT 59620

Phone: (406) 444-9170 • Fax: (406) 444-7465

E-mail: mmcnamara@mt.gov

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Margi Okrusch, RN; Dana Schelin, RN; Kelly Amtmann, RN; Kathryn Reynolds, EP

WHAT DO YOU THINK?

Please take a moment to answer a few questions about the usability of this Butte-area guide.

1. Was the guide useful? ___ Yes ___ No

2. Which sections did you use as a reference?

- ___ Cardiac Rehab and Stroke Rehab Facilities
- ___ Diabetes Management Programs
- ___ Nutrition Education/Counseling
- ___ Support Groups
- ___ Physical Activity
- ___ Prescription Drug Patient Assistance Programs
- ___ Smoking Cessation
- ___ Specialty Clinics & Support Services
- ___ Consumer Health Information

3. What other kinds of information would be useful to include in this guide?

4. Other comments or suggestions:

Please return this form to:

Mike McNamara, M.S.

Montana Cardiovascular Health Program

Montana Department of Public Health & Human Services

P.O. Box 202951 Helena, MT 59620-2951

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